



C O U N C I L
O N A G I N G
Needham

Hi Everyone!

No complaining about this rain... we so desperately need it! A good day to cuddle up!

It was so great hearing from so many of you today on our special plant delivery day. Kristen held a great garden Club via Zoom. Thanks, Kristen and to all who took part. Next month - bulbs!!

Our friend, Velma wrote, "**Thank you for the lovely flowers and such beautiful masks . Thanks to your staff who delivered them. Just made my day !!!!!**" That is what we were hoping for, Velma!

Our friend, Betty called Katie today, Katie told us, " **Would like to Thank everyone for her beautiful plant (and Bob for delivering it). She said it could not have come on a better day, its so gloomy out and it brightened her day and she really really appreciates it and thanks everyone for everything we are doing to keep everyone at home going.**"

Thanks for the kind words, Betty!

Our friend and flyer creator - extraordinaire, Julie wrote, "**Kathy B. stopped by with my plant (yellow begonia) which is beautiful. It looks great on my table in the kitchen. Who do I thank?**" Thanks for the thanks, Julie! We have a great team!

I also heard from our friend, Kristen from Park & Rec. She is letting us know about a special event with a COVID tweak. Kristen wrote about Annual Spooky Walk (more info to follow):

"Date: Saturday, October 24th

Part 1:

When: Staggered time blocks from **9:00am – 4:30pm** in 1 hour segments with 15 minutes for reset/clean up in between.

Where: The RRC upper and lower parking lots and the Rosemary Trail

What: Families would park in the upper lot and walk to the lower lot where tables will be set up with pumpkins to carve and decorate. Once decorated, the family would have the option to go on a Halloween themed story walk along the Rosemary Trail. We're not sure about 'treats' and would have to work it through with Public Health to see what, if anything, we could offer in any sort of 'goody bag'. Sudbury Farms/Roche Brothers is donating the pumpkins to us. We have buckets and buckets of paint and we will be sourcing carving supplies.

Part 2:

The carved and decorated pumpkins will be displayed throughout the lower lot at RRC for the community to drive/bike/walk through and enjoy. People that did not take part in the earlier part of the event are welcome to drop off pumpkins that they have decorated or carved on their own. Timing would depend on the daylight but probably would start around 6pm.

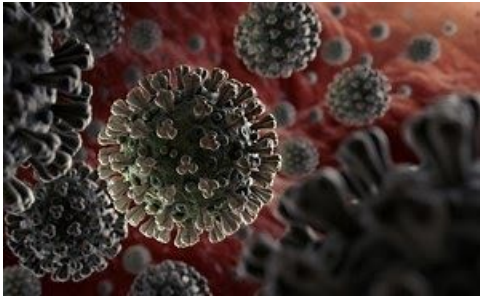
Families would pick up their pumpkins the following Monday to continue displaying them proudly at home."

As always, the Center Staff is here for you! Please email me or call the Center @ 781-855-3629 for Katie and we will help you.

Now for some updates!

NEWS/UPDATES

The WHO has changed some of their ideas so let's check in.



Coronavirus

Information on COVID-19, the infectious disease caused by the most recently discovered coronavirus.

www.who.int

Let's check in on our Governor and COVID.

[Office of Governor Charlie Baker and Lt. Governor Karyn Polito | Mass.gov](#)

Governor Charlie Baker, Lt. Governor Karyn Polito and the Baker-Polito Administration are committed to serving the people of Massachusetts and making the Commonwealth a great place to live, work and raise a family.

www.mass.gov

REMOTE PROGRAMMING

2 DIFFERENT SURVEYS!??

Reminder: Anyone who participates in our Remote Fitness Programs, if you would please fill out this form / survey for **each** fitness program you have taken. It will help for funding and more. There are just 10 easy questions and then you hit "submit."

Here it is: [Center Fitness Program Survey](#)

A NEW ONE!!

Anyone who participates in our **Remote Special Programs** such as Joy's Nature Programs, Talk the Walk, Current Events, Ron's History and Movie Discussions, Neil's Mindfulness, etc. (basically anything that isn't Fitness) please fill out this form/survey. This will help with funding as well as letting us know what other programs you want. Please remember to hit "SUBMIT." Thanks!

Here it is: [Center Special Program Survey](#)

NEW!!

Topic: **Showa Boston Students Pen Pal Program***

Time: **Weekly**

To Become a Pen Pal: email Aicha akelley@needhamma.gov

*We are continuing our great partnership with the Showa Boston School. (<https://showaboston.org>) Anyone who wants to help out, please send Aicha an email and we will connect with a student from Japan. Each week my contact will send out a weekly theme. The Japanese Students are happy to share some things about Japan and we can share things about the US of A. For example, sharing a picture of your hometown and write about it or tell how you got your name. The student and senior can either write an email or send a short video! This is a great way to learn about another culture and make a friend. It is also extremely helpful to the students. Send me your email today to join in the Pen Pal Program. (Also noted that it is very tech-safe.)

DAILY

Topic: **One - on - One Sessions with a Personal Trainer***

Time: **Monday - Friday 7AM - 7PM**

To Schedule: Email me or call the Center Line at 781-855-3629

Cost: \$50 per hour (Checks will be made out to "Town of Needham" and mailed to Center at the Heights, 300 Hillside Ave., Needham, MA 02494.)

* We are now offering Personal Training Sessions with Stephen and Lisa Cadigan - our trusted trainers! Stephen or Lisa will have an introductory session to work out what exercise program (work on back, core, strengthening, recovery of surgery or injury, over zoom, over phone, in - person while socially distancing) is best for your needs during COVID 19. This sort of one-on-one program typically costs hundreds of dollars. Signup now to get the best exercise plan for specifically you!

WEDNESDAY

NEW! (Come on! Try this drum circle!)

Topic: **Wake up and Drum with Joe!***

Time: **Wednesdays, October 7 @ 9AM**

To join Meeting: **[Click here](#)**

Meeting ID: 4050865832

Password: 5TnSmM

**Joe always brings laughter, stories and yes, music!! We will be waking up and having a virtual drum circle. Project Resiliency says of drumming together, "Drum Circles also provide an opportunity for participants to feel connected with others and gain a sense of interpersonal support. A drum circle provides an opportunity to connect with your own spirit at a deeper level. Group drumming alleviates self-centeredness, isolation and alienation." So roll out of bed, grab a pail, empty coffee container, a table top and join us drumming!

Topic: **DanceFitness with Showway**

Time: **Wednesdays, 9:20-11:00 am**

- 9:20 am : sound check and meet time for class
- 9:30 am : Line Dancing
- 10:00 am: Nia Class

To join Zoom Meeting **[Click here](#)**

Meeting ID: **822 2741 6903**

Passcode: **916946**

*Showway is just the best!! Join her in your living room as we do Line Dance followed by Nia/Latin music inspired dance fitness. Participants need to start their Zoom at 9:20am to do

a sound check with the instructor. The schedule is 9:20-10am: LineDance & 10:00-11 am: Nia class. Please bring water and set up a chair / yoga mat for cool down stretch. If you've never done a program with Showway - now is the time. Here energy and spirit are amazing!

Topic: **Word Games with Val***

Time: **Wednesdays, 2020 @ 10:00 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **814 5930 3053**

Passcode: **329939**

*Back due to popular demand, welcome to Word Games with Val. Every Wednesday, we will learn new words as well as explore the history of old words--a logophile's paradise. We will enjoy word play with limericks, witticisms, famous quotes, trivia, jokes, and other word fun. We will play word games such as Dictionary and delve into the meanings and origins of words. We will also explore trends with words that have come and gone in popularity. Ideally, our word fun will spark your brain and memory, and maybe bring out a few laughs.

Topic: **Coffee with Sen. Raush**

Time: **Wednesday, October 14 @ 10:00AM**

To join Zoom please register at <https://rb.gy/nsknsr>

*You are invited to join a meeting: Virtual Coffee with Senator Rausch. After registering, you will receive a confirmation email about joining the meeting. This event is reserved exclusively for seniors of the Bristol, Norfolk, and Middlesex District. This year has been a difficult year for many of us, so come share your questions and opinions on state issues with Senator Rausch and her Beacon Hill team. Since the event will be on Zoom to keep everyone safe, this event is BYOB – bring your own beverage and your favorite mug! Fill out this form to register for the event and receive the Zoom meeting link in your e-mail. Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham. Currently in her first term, Senator Rausch serves as the Senate Chair of the Joint Committee on Municipalities and Regional Government and the Senate Vice Chair of the Joint Committee on Elder Affairs.

Topic **Opinion History with Ron* (TIME CHANGE!)**

Time: **Wednesdays, 2020 @ 1:00 PM**

To join Zoom Meeting [Click here](#)

Meeting ID: **861 2520 8844**

Password: **672425**

*Look who's back!! Ron! Did you have a hard time in history class? Was it a mass of memorizing a continuous batch of presidents, kings, and battles that felt meaningless and you forgot all about them very quickly. This course is very different.

First, there are no right answers.

Second, there are only your opinions.

Third, I am the moderator. I do not have an opinion. I want to hear your thoughts and help to sharpen your opinions. All research will be done by you individually. I will not try to sway you by giving you material to study. GOOGLE, GOOGLE, GOOGLE and THINK!

Theme for the day: Julius II Excluded from Heaven

<https://fliphtml5.com/xjwn/xuxh/basic>

Please read pages 1-7

Topic: **Words of Wisdom Discussion Group***

Time: **Wednesdays, 2020 @ 12:00 PM**

To join Zoom Meeting **Click here**

Meeting ID: **409 252 1447**

Password: **12345**

*Join Kristen in her weekly discussion group. They had a great group last week. Anything is up for a discussion and chatting about simpler times, getting through these times, and just being together. She loves new faces so stop by!

Topic: **PIIT with Lisa and Stephen (Personalized - Intensity Interval Training)***

Time: **Wednesdays, 2020 @ 1:00PM**

To join Zoom Meeting **Click here**

Meeting ID: **859 4613 1521**

*Today, one of the most popular trending fitness classes in the mainstream fitness world is "High Intensity Interval Training." Our fitness crew, Lisa and Stephen have put together a version of this for our Center participants: Personalized - Intensity Interval Training. It is defined by what works best for you! It builds cardiovascular fitness while improving muscular strength and endurance. This is more personalized and geared towards individual levels.

Topic: **Exercise with Ease***

Time: **Wednesdays, 2020 @ 1:00PM**

To join Zoom Meeting: [Click here](#)

Meeting ID: **254 025 0890**

Passcode: **443362**

*Join one of our fan favorites, Laila for a total body, low impact strengthening and stretching class to improve strength, joint mobility and decrease muscle tightness and stiffness. Please have hand weights (or alternative resistance "equipment"- cans or small water bottles) and mat for class.

Topic: **Men's Health Forum***

Time: **Wednesday, Oct 14, 2020 @ 2:00 PM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **889 4707 3717**

*Men typically don't make their health a priority and now, more than ever, it has to be a priority! It's time to change that. Men statistically are more stubborn about discussing, learning, taking care of their health. The program was spearheaded by our own, Stephen Cadigan and is ALL about men's health. Bring your Q & A's!

Topic: **Sing Along with Margie at the Piano***

Time: **Wednesday, October 14, 2020 @ 1:00PM**

To join Zoom Meeting [Click here](#)

*Margie's back!! Join our fun and talented pianist, Margie as she hosts us in some singing and fun. She takes requests!!! It was so much fun last week. A good escape for some old favorite songs. Grab your favorite Vintage Voice-r and join us!

NEW!!

Topic: **Poetry Reading with Somerville Bagel Bards**

Time: **Wednesday, October 14, 2020 @ 4:00PM**

To join Zoom Meeting: [Click here](#)

Meeting ID: **868 8886 6324**

Passcode: **Poetry**

*The talent that Zvi brings for the Poetry Readings and Flash Fiction Reading is impressive. I am personally moved at every one I have attended, both at the Center and virtually. Even if you think you aren't a poetry fan - give it a shot! If you are a poetry fan - save the date. You will not be sorry!

*A Resident Scholar at Brandeis University's Women's Studies Research Center, Rosie Rosenzweig has published a memoir (A Jewish Mother in Shangri-la), a play (Myths & Ms.), a book of poems (Bring Me into Flesh), and a non-fiction study of creativity (Emergence: the Role of Mindfulness in Creativity).

Ruth Smullin grew up in inner city and suburban Boston. As an adult, she lived for 34 years in North Carolina, where she began writing poetry seriously with the help of an experienced critique group. She now lives in the Boston area. Her work has been published in Common Ground Review, Constellations, Crucible (winner of the SamRagan Prize), Ibbetson Street, Naugatuck River Review, Plainsongs, Sow's Ear Poetry Review, The Aureorean, and is forthcoming in Atlanta Review. Her chapbook, The Open Door, will be published in 2020.

Richard E. Brenneman has recently returned to writing poetry after a long hiatus. He has been published locally in The Wilderness House Poetry Review, Ibbetson Street Review, Nixes Mate Review and The Muddy River Poetry Review. His work will be included in a forthcoming anthology No More Will Fit Into The Evening published by Four Windows Press. He is currently working on possible book and chapbook projects.

Zvi A. Sesling is Poet Laureate of Brookline, MA. His poetry is in print & online journals in U.S., India, Ireland, France, U.K., N.Z., Ireland, Canada, Australia and Israel. He publishes and edits Muddy River Poetry Review. He reviews for Boston Small Press and Poetry Scene. Sesling's poetry books include The Lynching of Leo Frank, Fire Tongue and King of the Jungle. Chapbooks include Across Stones of Bad Dreams and Love Poems From Hell. His latest volume of poetry is War Zones. He edited Bagel Bard Anthologies #7, #8 & #12. He lives in Brookline, MA with his wife Susan J. Dechter.

THURSDAY

Topic: **Bereavement Circle with Nikki***

Time: **Thursdays, 2020 @ 9:00AM and 10:00 AM**

To join Zoom Meeting: Email me & I will put you in touch with Nikki & her sweet crew.

*Nikki, from West River Hospice is opening up her weekly Bereavement Circle to anyone who wants to join this compassionate, friendly and comforting group. If you have lost someone - now is not the time to be alone. Please consider joining this group. Even if you don't want to chime in - listening to the fact that you are not alone in your thoughts, could help.

Topic: **Barre with Lisa***

Time: **Thursday, July, 2020 @ 9:30 AM**

To Join Zoom Meeting: [Click here](#)

Meeting ID: **832 3378 6121**

Password: **2yC50r**

*Barre incorporates the fluidity of ballet, the flexibility of yoga, and the core strengthening of Pilates. It is a structured, easy-to-follow total body workout. This low impact workout combines light weights (optional) and is set to music that makes you want to move. You will need a chair, mat, optional light weights. Please read the risk statement below. Lisa is looking forward to seeing everyone tomorrow.

Topic: **T'ai Chi with Scotty***

Time: **Thursdays, 2020 @ 10:00 AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: 841 2153 1726

Passcode: 569547

*Scotty is a hit and you should join his program! T'ai Chi is a slow-motion, moving meditative exercise for relaxation and health. Scott has studied various forms of martial arts since 1983, including T'ai Chi. Studies have shown that T'ai Chi can help you live longer, improve muscle strength, balance and flexibility, boost cognitive function, improve COPD symptoms, get better night-time sleep quality, improve symptoms of fibromyalgia, see improvements in cardiovascular fitness, reduce risk of falls, obtain moderate benefits for chronic nonspecific neck pain and more. Try it!

Topic: **Pilates with Lisa***

Time: **Thursday, July, 2020 @ 10:30 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: **899 9086 2700**

Passcode: **029133**

*This class focuses on developing flexibility, balance and strength. In this class you will work on alignment, breathing, developing a strong core, and improving coordination and balance. You will need a mat. Please read the risk statement below. Lisa, looking forward to seeing you tomorrow and she is always accepting new students who could give it a try!

Topic: **Talk the Walk Discussion Group**

Time: **Thursdays, 2020 @ 11:00AM**

To Join Zoom Meeting [Click here](#)

Meeting ID: **844 9177 4337**

Passcode: **WALK**

We are all aware that diversity is a hot topic now. But no-one can walk in someone else's shoes, so let's investigate and learn. Let's have discussions to move forward with a better understanding of many things involved in diversity. They may be uncomfortable, but the more we have them, we believe it will get easier for many. Once a week we will read an article or watch a TED talk and that is what will begin the discussion. We will see where the discussion leads. The rules are: respect, manners, time limits for having the floor. If anyone has any articles, talks or speakers which they think would benefit the group send to Aicha.

The article for October 15 is



Racism in academia, and why the 'little things' matter

Subtle biases and structural inequalities need challenging just like overt acts of racial aggression and discrimination.

www.nature.com

Topic: **Train the Brain with Stephen***

Time: **Thursdays, 2020 @ 11:30 AM**

To join Zoom Meeting [Click here](#)

Meeting ID: 816 9119 6399

*This class will involve dynamic, bilateral movement and physical brain activities to improve stability, total body coordination, speed, spatial awareness, endurance and flexibility. Give it a try! **Please have the following items ready and available to use during the**

class (ALL ITEMS SHOULD BE NON-BREAKABLE AND UNABLE TO HURT/INJURE/DAMAGE YOURSELF, YOUR PET OR THE FLOOR IF DROPPED):

- 1) 1 small Bean Bag, bag of frozen Peas or similar item.
- 2) 3 Paper Plates or Paper Bowls.
- 3) 1 Spoon (preferably a long one - maybe wooden) and (1) something that is roundish, and will fit easily in the spoon's scoop. **EXAMPLES -**

a plastic Egg, a Walnut, a small bottle of Whiteout, etc.

4) 1 small Ball. EXAMPLES - a Baseball, or a Tennis Ball.

5) 1 small Pad of Paper and 1 Pen/Pencil - preferably a Pad of "Stickies" for the paper.

6) 1 small Personal Item. EXAMPLES - Old, empty Prescription Bottle, Aspirin/Tylenol Bottle, pair of Glasses, or ANY item you choose that is small and non-breakable.

Topic: **After Lunch - Gentle Yoga with Michelle***

Time: **Thursdays @ 1:00PM**

To join Zoom Meeting: To Join Zoom Meeting [Click here](#)

Meeting ID: 443 604 7877

Passcode: 0DbGrY

*Michelle is a fabulous yoga instructor and can make this a Seated Yoga as well!

NEW!!!

Topic: **The Rescue of the Squalus as Presented by Bob Begin**

Time: **Thursday, October 15 @ 2PM**

To Join Zoom Meeting: [Click here](#)

Meeting ID: **896 3839 3464**

Passcode: **RESCUE**

*Back in 1939, off the coast of Portsmouth, New Hampshire, a brand new submarine, the Squalus, was getting ready for some final test dives prior to her joining the fleet. She had the latest and best features of technology, seamanship, and weapons making her a worthy answer to the growing threats poised by the German and Japanese Navies. On board were 59 men, including three civilians. At 8:30a.m. the order "Rig For Dive" Was given.

Initially all indications were fine. As she slipped below the surface, everything went smoothly. Suddenly she started sinking out of control. Within moments, she was resting on the bottom, 243 feet below the surface. Without power, no communications, and a limited supply of oxygen, the Squalus was to begin a struggle to survive.

Every man aboard was well aware, that as of that time, there had never been a successful rescue of men from a submarine trapped at that depth. This is a story of incredible risks, a race against the clock, and a triumph against seemingly overwhelming odds.

Topic: **Wales: Castles, Butterflies and More ***

Time: **Thursday, Oct 22 @ 2pm**

To Join Zoom Meeting [Click here](#)

Meeting ID: **820 4295 5425**

Passcode: **040709**

*Although part of the present day United Kingdom, Wales is a country of ancient origins and wild lands. Stone monuments from its pre-historic past still can be found across parts of the country today, along with ancient castles, remains of magnificent abbeys and even Roman ruins. The wild nature of this land can also be found in abundance, from the beautiful and colorful moors and butterflies of the Isle of Angelsea to the numerous birds and other wildlife of the coastal wetlands. More inland, the magnificent Kite can now be found again soaring as it looks for prey. Join us for castles, butterflies, birds and much more in a journey across Wales.

This program is available to our participants due to the wonderful generosity of Whitney Place. Thanks, Ellen and Whitney Place Staff!

Topic: **Arthritis Class with Stephen***

Time: **Thursdays, 2020 @ 3:00 PM**

Join Zoom Meeting [Click here](#)

Meeting ID: 816 8790 1740

*This class is a mostly seated exercise class that does not encourage activities that might exacerbate arthritis symptoms and sore joints. It addresses range of motion, strength, flexibility, endurance balance and coordination. *Motion is lotion in this exercise class! This program includes range of motion, strengthening/flexibility, aerobic/endurance & balance & coordination exercises. Mindful relaxation completes the class. You DO NOT have to have arthritis to take part. Any movement is great these days - and always.

Topic: **Women! Empowered Health, Empowered You. Self-Care is Not Selfish: Virtual Cooking Class: Self-Care Through Mindful Cooking and Eating**

Time: **Thursday, October 15, 2020 @ 7 pm**

To preregister for Zoom Meeting: [Click here](#)

*This health event celebrates women's health and well-being. Join Drs. Kimberly Parks and Umadevi Naidoo of Synergy Private Health for an interactive evening of virtual cooking in their state of the art kitchen facility. Recipes and list of needed cooking tools will be emailed to registrants. Hosted by the Mass General Cancer Center at Newton-Wellesley Hospital.

Topic: **Flexibility in Retirement with Joanne Antonopoulos, CLU®, CFP®**

Time: **Thursday, October 15 @ 6:30PM**

To join Zoom : [Click here](#)

Meeting ID: **879 0648 5923**

Passcode: **retirement**

*With a little preparation and guidance, retirement can be anything—and everything—if you plan well. Given today's pandemic and election environment, we will explore how to review your portfolio to gauge how you are doing against your goals and objectives. Join me for this timely talk that explains how incorporating fixed assets in your portfolio can give you flexibility in retirement.

Topic: **A Speak Easy Evening With the National Museum of African American History**

Time: **Thursday, October 15, 2020 @ 7:30 pm to 9:30 pm**

To preregister for Event: [Click here](#)

*Inspired by the clubs of the Harlem Renaissance, NMAAHC invites you to our annual Speak Easy Evening, which this year is a virtual space that welcomes all gender identities and orientations and allies to enjoy world-class entertainment, a genealogy workshop, and an insightful conversation about a seminal figure in the story of intersectionality, Pauli Murray.

7:30 PM Enjoy the work of performance Artist and Trans Activist Lady Dane Figueroa Edidi

8:00 PM Join the staff of the Robert F. Smith Explore Your Family History Center who will present a mini workshop on how to find and honor your LGBTQ ancestors.

8:15 PM Renowned panelists Dr. E. Patrick Johnson, Dr. C. Riley Snorton, Kylar Broadus, Esq and Rev. Yolanda Rolle, PhD discuss the amazing life and achievements of Pauli Murray - first in her class at Howard University Law school (and the only woman), first African American to earn a JSD Degree from Yale Law School, and the first African American female ordained as an Episcopalian Priest. All this while grappling with her gender identity.

9:00 PM Close out your evening with the smart social commentary of noted comedian Sampson McCormick.

FRIDAY

Topic: **Short Story Discussion Group**

Time: **Friday, October 16 @ 12:00PM**

To Join Zoom Meeting: [Click here](#)

Meeting ID: **894 4350 9457**

Passcode: **623397**

*Our Short Story Group is going great. They are always looking for new members to discuss the stories and more! For anyone who wants to join in, the story we will discuss on October 16 is "Uncle Wiggily in Connecticut" by J.D. Salinger

<https://www.hohschools.org/cms/lib/NY01913703/Centricity/Domain/817/English%2011%20-%20Summer%20Reading%202018.pdf>

(Note the link also has a story by Edith Wharton. We aren't discussing Wharton so please consider it a bonus read ;-))

*** You should always consult with your physician before engaging in any physical activity program. By participating in this online exercise class, you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructors in this online class are physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.*

Entertainment/Interesting

Our friend, Gerry sent along a video about nature and when I tried to find it on Youtube I came across so many wondrous items. Here is one!



7 Most Wonderful Natural Phenomena In The World

Top 7 of the most amazing and beautiful natural phenomena in the world that science has not yet explained clearly (Myth)

www.youtube.com

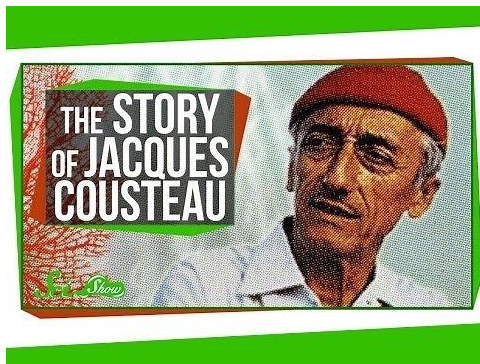
Here is the awesome video our friend, Gerry sent along. Thanks, Gerry!



Wildlife Cameraman Kim Wolhuter in Zimbabwe Getting Close to Cheetahs - Amazing Wildlife - YouTube

www.youtube.com

What a man Jaques Cousteau was. I loved his show. Here is little bit about him and then some of his dives.



Underwater Discovery and Adventure: The Story of Jacques Cousteau

...

www.youtube.com



The Jacques Cousteau Odyssey 6 of 6 Lost Relics of the Sea & The Warm Blooded Sea Mammals - YouTube

Enjoy the videos and music you love, upload original content, and share it all with friends, family, and the world on YouTube.

| | |
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| | www.youtube.com |
|--|--|


What a neat museum the National Weather Museum is! Let's have a look.

[National Weather Museum and Science Center | The Weather Museum](#)

The National Weather Museum and Science Center is a non-profit Museum working toward creating a state-of-the-art facility for the preservation of weather artifacts, education of science, math, and safety, and showcase of innovations in the field of science.

nationalweathermuseum.com

Let's enjoy nature and relax. This can be used for meditation or just to relax and enjoy the scenery.

| | |
|--|--|
|  | <p>3 Hours of Amazing Nature Scenery & Relaxing Music for Stress Relief.</p> <p>Enjoy 3 hours of amazing nature scenery.</p> <p>www.youtube.com</p> |
|--|--|

Our Comic Relief Clip of the Day is from Weatherpeople Fails.



BEST WEATHER NEWS BLOOPERS 2015

Funny news bloopers that hit the weather in 2015.

www.youtube.com

Our MAFA Song of the day is all about weather and from one of my favorite movies.



B.J.Thomas - Raindrops Keep Fallin' On My Head

www.youtube.com

Our Center Quote of the Day is "***Nature is pleased with simplicity. And nature is no dummy.***"
~Isaac Newton

Have a great evening everyone and we will chat
tomorrow!~Aicha

